

Growing Healthy Families

WHITE RIVER JCT. DISTRICT OFFICE, • Vermont Department of Health, WIC Program
226 Holiday Drive, Suite 22, White River Junction, VT 05001 • 1-802-295-8820 or 1-888-253-8799

All activities are FREE
of charge!

WIC dental clinics

Wednesday, March 18 and
Monday, April 13
8:30 a.m.–Noon and
12:30–3:00 p.m.
Vermont Department of Health
226 Holiday Drive, Suite 22
White River Junction

The White River Junction WIC Office will be holding free dental clinics for children. A Registered Dental Hygienist will be on site to provide dental checkups and fluoride varnishes for children on WIC, as well as advice for parents and help finding a dentist. Walk-ins welcome. Please call ahead to verify availability.

Call 802-295-8820 or 888-253-8799 for more information.

The secrets of baby behavior: How to better understand your baby

Monday, March 30
10:00–11:00 a.m.
Vermont Department of Health
White River Junction

Your baby is constantly changing. Learning how to read and respond to his cues can help you relax and nurture his developing personality. WIC staff will also provide information on the latest infant feeding guidelines, and answer any questions you have about starting solids, introducing a cup, and more! New-to-you baby clothes will be available for participants.

Call 802-281-5021 to preregister by March 23.



Prenatal breastfeeding group: Preparing for birth and the first 10 days

Wednesday, April 15
10:00–10:45 a.m.
Vermont Department of Health
White River Junction

Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding, and about signs that breastfeeding is going well. Make an Infant Feeding Plan, and get confidence-building tips on what to expect when you get home. Having a plan and knowing what to expect can help you feel less stressed in your baby's first few weeks of life. Dads and grandparents are welcome, too. Participants receive new-to-you baby clothes and vouchers for reduced-price nursing bras!

Call 802-281-5021 to preregister by April 8.



HopStop family series: Vanessa Trien and the Jumping Monkeys

Saturday, May 23; 11:00 a.m.
Hopkins Center for the Arts Hop Plaza, Hanover, NH

Bring the whole family and come jump around with singer-songwriter Vanessa Trien and her band The Jumping Monkeys! They play a mix of blues, pop, bluegrass, folk, country, '50s rock 'n' roll and tropical sounds. Bring a blanket or chairs. Rain location is in Alumni Hall.

Contact Hop Outreach at hop.outreach@dartmouth.edu or call 603-646-2010 with any questions.

